

HECSY CARES - San Ysidro Kitchenette

Free Breakfast Fall Schedule

Every Wednesday & Thursday

September 12, 2018 – November 29, 2018

10:00 a.m. - 10:30 a.m.; 11:30 a.m. - 12:15 p.m.;

(Wednesday only 2:15 p.m. - 3:00 p.m. - Snacks only, no coffee)

Wednesday, September 12, 19, 26	Thursday, September 13, 20, 27
Wednesday, October 3, 10, 17, 24, 31	Thursday, October 4, 11, 18, 25
Wednesday, November 7, 14, 28	Thursday, November 1, 8, 15, 29

Ways to Donate:

1. Food -

We gratefully accept food donations of non-perishable items. Or, if you have any information regarding organizations that would be willing to provide food donations, please feel free to contact Adolfo Camarena at (619) 216-6792.

2. Monetary Donations -

If you would like to make a tax-deductible monetary contribution to support our food pantry, it would be greatly appreciated. Please see any HECSY staff or contact:

Cynthia Nagura, Director

cnagura@swccd.edu

(619) 216-6795 or

Adolfo Camarena, Supervisor

acamarena@swccd.edu

(619) 216-6792

Recycling Information

We have started recycling at HEC, San Ysidro!! All proceeds go back to students!

Money collected through recycling will be invested into the HECSY CARES to purchase food items. Please deposit your bottles and cans in any blue recycling bin placed throughout our